



A DETAILED DESCRIPTION OF ALL DRAVYAS OF MANSANUMASIK KASHAYA MENTIONED UNDER GARBHINI PARICHARYA-A COMPREHENSIVE REVIEW.

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ABSTRACT

The care of the pregnant woman during pregnancy reflects on the quality and health of the progeny. Therefore, our Acharyas have given a detailed, systematic month wise regimen to be followed during the antenatal period. For a healthy pregnancy and delivery of a normal child, different group of medicines taken for each month of pregnancy is described in Ayurveda as *Masanumasik Kashayas* (monthly antenatal decoctions). *Mansanumasik Kashay* including *Rasayana* drugs possess mainly *Madhura Rasa*, *Sheeta Virya*, *Madhura Vipaka* with properties such as *Jivaniya*, *Balya*, *Brumhana*, *Garbha Sthapana*, *Ojas Vardhana* etc. plays imp role in the growth and nourishment of the mother and fetus and also in the prevention of diseases.

Keywords: *Garbhini Paricharya*, *Madura rasa*, *Rasayan*, *Brumhan*, *Sthapana*.

Introduction

In Ayurveda Acharya Charak, Sushrut, Kashyap, Harit had talk about *Masanumasik Garbhini paricharya*.^[1] in which there is description about *Ahar*, *vihar* of mother from 1st to 9th month and also *Garbha upghatakar bhav*.^[2] i.e. things to avoid in pregnancy. *Garbhini Paricharya* is very beneficial for the mother to overcome the physiological hindrances of pregnancy such as gastric irritation, tiredness, mood swings, pain in calf and legs, pedal edema etc and for the fetus to have quality nourishment. As the *Masanumasik vruddhi*, *kashayas* are prescribed by vaidyas, but there is no study till date that will establish detailed description of *masanumasik kashayas* which will facilitate and elaborate the significance, and safe and healthy understanding of the drugs included in the *kashayas*. Present review summarizes the concept of *Mansanumasik kashyas* used in *Garbhini Paricharya*.

Materials and Methods-

Literature: Ayurved Bruhatrayi, Relevant to topic literature of modern books and journals, Dravyaguna vigyana books and pharmacognosy books for related topic, Previous related research work to the present topic (Thesis, Articles, Lectures etc.)

Method and Type of study is Conceptual Study + Literary Research.

Methodology: Critical Study of *Masanumasik kashaya*.

MONTHS	SUSHRUTOKT MASANUMASIK VRUDDHI ⁽³⁾	SUSHRUTOKTA KASHAYA ⁽⁴⁾
1st	Kalal	Madhukam, Sakbija, Surdaru, Payasya
2nd	Pinda/ Pesi/ Arbuda	Asmantaka, Manjistha, Tila, Shatavari
3rd	5 body parts become conspicuous	Vrukshadani, Vayastha, Lata, Uttapal, Sariva
4th	All the body parts become clear & chetana appear	Ananta, Sariva, Rasna, Padma, Madhuka
5th	Mana becomes enlightened	Both Bruhati, Kashmari, Ksheerishrung_Ksheereetwak, Vacha, Ghrit
6th	Buddhi	Prushnaparni, Bala, Shigru, Swadranshta
7th	All the body parts develop	Shrangataka, Bisa, Draksha, Kaseruka, Madhuka
8th	Un-stability of ojas	Kapittha, Bhrithi, Bilva, Patola, Ikshu, Nidigdhika, Madhuka
9th	developed	Madhuka, Ananta, Sariva, Payasya
10th	developed	Shunthi, payasya, Madhuka, Surdaru.

1) 1st month

1) Yashtimadhu

Latin name-*Glycerrhiza glabra* Linn.

Family-Fabaceae

Rasa- Madhur; Vipak- Madhur; Veerya- Sheet, Guna- Guru, Snigdha

Karmukata- Vatapittashamak, Trushnashamak, Chhardihar, Balya.

2) Shakbeej

Latin name -*Tectona grandis* Linn.

Family-Verbenaceae

Rasa- Kashaya, Vipak- Katu, Veerya- Sheet, Guna- Laghu, Ruksha

Karmukata- Raktapitta prasadana

3) Ksheerkakoli

Latin name-*Lilium Polyphyllum*

Family-Liliaceae

Rasa- Madhur; Vipak-Madhur; Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Vayasthapani, Vatapittashamak, Balya, Bruhani, Stanyakar, Rasayan

Substitution-Ashwagandha, *Lilium wallichianum*.

4) Devdaru

Latin name- *Cedrus deodara*

Family-Pinaceae

Rasa-Tikta, Vipak- Katu, Veerya-Ushna, Guna-Laghu, Snigdha

Karmukata- Kaphavatashamak, Kasahar, Shothahar



Glycyrrhiza glabra

Tectona grandis



Lilium polyphyllum

Cedrus deodar

2) 2nd month

1) Ashmantak

Latin name-*Ficus rumphii*

Family-Moraceae

Rasa- Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet, Guna-Laghu, Ruksha

Karmukata- Kaphapittashamak, Dahahar, Trushnahar, Pramehahar.

2) Krushnatila

Latin name-*Sesamum indicum* Linn.

Family-Pedaliaceae

Rasa- Katu, Tikta, Madhur, Kashaya, Vipak-Madhur, Veerya-Ushna, Guna-Snigdha

Karmukata- Balya, Udarshulahar, Stanyajanan

3) Manjishtha

Latin name-*Rubia cordifolia*

Family-Rubiaceae

Rasa- Madhur, Tikta, Vipak- Katu, Veerya-Ushna, Guna-Guru, Ruksha

Karmukata- Kaphavatashamak, Varnya, Raktaprasadan, Shothahar

4) Shatavari

Latin name-*Asparagus racemosus*

Family-Asparagaceae

Rasa-Madhur, Tikta, Vipak-Madhur, Veerya-Sheet, Guna-Guru, SnigdhaKarmukata- Vatapittashamak, Rasayan, Stanyajana, Shothahar



3) 3rd month

1) Vrukshadani

Latin name-*Lorenthus falcata* Linn.

Family-Loranthaceae

Rasa- Kashaya, Tikta, Madhur; Vipak-Katu, Veerya-Sheet, Guna-Laghu, Ruksha Karmukata- Kaphapittashamak, Rasayan

2) Ksheerkakoli

Latin name- *Lilium Polyphyllum*

Family-Liliaceae

Rasa- Madhur; Vipak-Madhur; Veerya-Sheet, Guna- Guru, Snigdha Karmukata- Vatapittashamak, Balya, Bruhani, Stanyakar, Rasayan

3) Priyangu

Latin name-*Callicarpa macrophylla*

Family-Verbenaceae

Rasa-Tikta, Kashaya, Madhur; Vipak-Katu, Veerya-Sheet, Guna-Laghu, Ruksha Karmukata- Tridoshashamak, Raktaprasadak, Balya, Bruhani

4) Nilotpal

Latin name- *Nelumbo Nucifera*

Family- Nelumbonaceae

Rasa-Madhur, Kashaya, Tikta, Vipak-Madhur; Veerya-Sheet Guna- Laghu, Snigdha, Pichhil Karmukata- Raktapitta prashman

5) Sariva

Latin name- *Hemidesmus indicus*

Family- Asclepiadaceae *Rasa - Madhur, Tikta, Vipak-Madhur; Veerya-Sheet, Guna- Guru, Snigdha Karmukata - Tridosahar, Dahaprashman, Stanyashodhak*

Substitute – *Cryptolepis buchanani, Ichnocrpus frutescens*



Nelumbo nucifera



Lorenthus falcata



Callicarpa macrophylla



Hemidesmus indicus



Lilium polyphyllum

4) 4th month

1) Ananta

Latin name- *Hemidesmus indicus*

Family- Asclepiadaceae

Rasa-Madhur, Kashaya, Katu, Vipak-Madhur, Veerya-Sheet, Guna-Laghu, Snigdha
Karmukata- Vatapittashamak, Dahanashak, Trushnashamak, Chhardihar

2) Sariva

Latin name- *Hemidesmus indicus*

Family- Asclepiadaceae

Rasa-Madhur, Tikta, Vipak-Madhur, Veerya-Sheet, Guna- Guru, Snigdha
Karmukata- Tridoshahar, Dahaprashman, Stanyashodhana, Trushnashamak

3) Rasna

Latin name – *pluchea lanceolata*

Family- Asteraceae

Rasa-Tikta, Vipak- Katu, Veerya- Ushna, Guna- Guru
Karmukata- Kaphavatashamak, Shophanashak, Udarshulnashak

4) Padma

Latin name - *Nelumbo Nucifera*

Family- Nelumbonaceae

Rasa-Tikta, Kashaya, Madhur, Vipak-Katu, Veerya-Ushna Guna- Guru, Ruksha
Karmukata- Kaphapittashamak, Swarvarnakrut

5) Yashtimadhu

Latin name- *Glycerrhiza glabra* Linn.

Family-Fabaceae

Rasa- Madhur, Vipak-Madhur, Veerya-Sheet Guna-Laghu, Snigdha

Karmukata- Medhya, Chakshushya, Varnya, Keshya, Balya, Rasayan, Shonitsthapan, Trushnashamak, Chhardihar



5) 5th month

1) Bruhati

Latin name- *Solanum indicum*

Family- Solanaceae

Rasa- Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha

Karmukata- Tridoshaghna, Chhardinashak, Hrudyaya, Vandhyanam cha apatyaprada

2) Kantkari

Latin name- *Solanum virginianum*

Family- Solanaceae

Rasa-Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksh

Karmukata- Vatakaphashamak, Kasahar, Shothahar

3) Kashmari

Latin name- *Gmelina arborea*

Family- verbenaceae

Rasa-Tikta, Kashaya, Madhur, Vipak-Katu, Veerya-Ushna Guna- Guru

Karmukata- Vatapittashamak, Shothahar, Dahaprashman, Medhya, Hrudyaya, Rasayan

4) Ksheerishrung, Ksheeritwak

Rasa- Kashay, Vipak-Katu, Veerya-Ushna, Guna-Guru, Ruksha

Karmukata- Kaphapittashamak, Yonidosahar, Varnya, Dahanashak, Trushnashamak, Chhardihar

5) Vacha

Latin name- *Acorus calamus*

Family- Aracaceae

Rasa-Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Tikshna --Karmukata- Kaphavatahar, Medhya



6) 6th month

1) Prushniparni

Latin name – *Uraria picta*

Family - Fabaceae

Rasa - Madhur, Tikta, Vipak-Madhur, Veerya-Ushna, Guna-Laghu, Snigdha

Karmukata- Tridoshahar, Shothahar

Adulterant – *Flemingia species, Desmodium Species*

2) Bala

Latin name - *Sida cordifolia*

Family – Malvaceae

Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Laghu, Snigdha

Karmukata- Vatapittashamak, Balya, Prajasthapan, Garbhaposhak, Rasayan

3) Shigru

Latin name - *Moringa oleifera*

Family – Moringaceae

Rasa- Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha

Karmukata- Kaphavatashamak, Hrudya, Chakshushya

4) Shwadanshtra

Latin name-*Tribulus terrestris*

Family-Zygophyllaceae

Rasa- Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Vatapittashamak, Shothahar, Vedanasthapan

5) Madhuparnika

Latin name – *Tinospora cordifolia*

Family – Meninspermaceae

Rasa-Tikta, Kashaya, Vipak-Madhur, Veerya-Ushna, Guna-Guru, Snigdha

Karmukata- Tridoshahar, Stanyashodhak, Dahaprashman, Trushnashamak, Baly



7) 7th month

1) Shrungatak

Latin name – *Trapa bispinosa*

Family -Trapaceae

Rasa - Madhur, Kashaya, Vipak-Madhur; Veerya-Sheet, Guna-Guru, Ruksha

Karmukata - Pittashamak, Dahaprashman, Prajasthapan, Balya

Adulteration – *Eleocharis dulcis* (Chinese Water Chestnut) Sold in Kolkata market as Shrungatak

Substitute – Maranta arundinaceae

2) Bis

Latin name - *Nelumbo Nucifera*

Family - Nelumbonaceae

Rasa - Kashaya, Madhur, Tikta, Vipak- Madhur; Veerya-Sheet Laghu- Laghu, Snigdha, Pichhil Karmukata -

Dahaprashman, Varnya, Hrudya, Balya, Prajasthapan

3) Draksha

Latin name – *Vitis Vinifera*

Family - Vitaceae

Rasa - Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha, Mrudu

Karmukata - Dahaprashman, Trushnashamak, Balya, Bruhani Garbhasthapak, Hrudaybaldayak

4) Kasheruk

Latin name – *Scirpus grossus*

Family - Cyperaceae

Rasa- Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Ruksha

Karmukata- Prajasthapan, Balya, Hrudya, Chhardihar, Trushnashamak

5) Yashtimadhu

Latin name-*Glycerrhiza glabra*

Family-Fabaceae

Rasa-Madhur, Vipak-Madhur; Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Dahaprashman, Shothahar, Balya, Varnya, Rasayan

6) Sita

Crstalized rock sugar

Rasa- Madhur, Vipak-Madhur, Veerya-Sheet

Karmukata- Vatapittashamak, Balya, Bruhani



8) 8th month

1) Kapittha

Latin name - *Limonia acidissima*

Family - Rutaceae

Rasa-Madhur, Amla, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Tridoshahar, Trushnashamak, Hrudyā

2) Bruhati

Latin name – *Solanum Indicum*

Family- Solanaceae

Rasa- Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha

Karmukata- Kaphavatahar, Shothahar, Hrudyā

3) Bilwa

Latin name - *Aegle marmelos*

Family - Rutaceae

Rasa-Kashaya, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha

Karmukata- Kaphavatahar, Balya, Shothahar

4) Patol

Latin name – *Trichosanthes dioica*

Family – Cucurbitaceae

Rasa -Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha

Karmukata- Kaphapittashamak, Varnya, Trushnashamak

5) Ikshu

Latin name – *Saccharum arundinaceum*

Family- Gramineae

Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Balya, Raktapitta prashman

6) Nidigdika

Latin name – *Solanum Xanthocarpum*

Family -Solanaceae

*Rasa-Tikta, Katu, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha**Karmukata- Kaphashamak, Visheshat Garbhakarini*

9) 9th month

1) Madhuka

Latin name-*Glycerrhiza glabra*

Family-Fabaceae

*Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha**Karmukata- Chakshushya, Balvarnakrut, Keshya, Swarya, Shothahar, Chhardihar, Trushnashamak*

2) Ananta

Latin name-*Hemidesmus indicus*

Family-Asclepidaceae

*Rasa-Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet, Guna-Laghu, Snigdha**Karmukata- Kaphavatahar, Varnya, Trushnashamak*

3) Payasya

*Rasa-Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Guru, Snigdha**Karmukata- Vatapittashamak, Stanyakar*

4) Sariva

Latin name-*Hemidesmus indicus*

Family-Asclepidaceae

*Rasa- Madhur, Tikta, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha**Karmukata- Tridosahar, Dahaprashman, Stanyashodhak*



Glycyrrhiza glabra



Hemidesmus indicus



Hemidesmus indicus

10) 10th month

1) Shunthi

Latin name-*Zingiber Officinale*

Family-Zingiberaceae

*Rasa-Katu, Vipak-Madhur, Veerya-Ushna, Guna-Laghu, Snigdha**Karmukata- Shothahar, shulaprashaman, Vatashamak*

2) Payasya

*Rasa- Madhur, Vipak-Madhur, Veerya-Sheet, Guna- Guru, Snigdha**Karmukata- Vatapittashamak, Balya, Bruhani, Stanyakar, Rasayan*

3) Madhuk

Latin name-*Glycyrrhiza glabra*

Family-Fabaceae

*Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha**Karmukata- Dahaprashman, Shothahar, Balya, Varnya, Rasayan*

4) Surdaru

Latin name-*Cedrus deodara*

Family-Pinaceae

Rasa-Katu, Tikta, Madhur, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Snigdha

Karmukata- Kaphavatashamak, Garbhashay shothahar. [5,6,7]



Glycerrhiza glabra



RESULTS AND DISCUSSION: [8,9]

- On the First month of organogenesis the drugs which Sushruta mention are having *Garbhasthapana*, *jeevaniya* and *Rasayana* they all are helpful to increase *Rasadhatu*, which helps in *garbha poshana*.
- On Second-month blood cells start forming in the liver and also there is a formation of *Pesi*, Sushruta mentions the drugs having *Stanya Shodhana* effect and *Rakta shodhak* and *Raktadhatu vardhak* activity.
- On the Third month of organogenesis, the drugs mention are having *Medhya*, *Raktasodhan*, galactagogue, depurative, activities.
- In Forth month of organogenesis, drugs which Sushruta mention is having *Mutrajanana*, improves your cardiac function, *Stanaya-Sodhana*, *Garbhaposhana* and *Medhya* properties.
- In the Fifth month, Sushruta mentions the drugs having *Hridya*, *Guru*, and *Snigdha* activity. Also having *Stanyajanana*, *Raktaprasadana*, *Saptadhatuwardhana*, *Ojovardhana* and *jeevaneeya* activity.
- In the Sixth month of organogenesis, the drugs which Sushruta mention are having activities are *Snehana*, *Varnaya*, *Medhya*, *Bruhana* which is helpful.
- The seventh month of organogenesis, the drugs which Sushruta mention are having *Varnya*, *Jivaniya*, *Stambhana* properties.
- The eighth month Sushruta mention the drugs having *Garbhayashaya sankochaka*, *Ushna* activities.
- The ninth month of organogenesis, the drugs which Sushruta mention are having activities are *Jivaniya*, *Balya*, *Vatashamaka*, *Tridoshaghna*, *Stnayasodhana*, *Anulomana* and also *Garbhashaya* strengthening activities.
- The ninth month of organogenesis, the drugs which Sushruta mention are having activities are *Rasayan*, *Vatpittashamak*, *shothahar*.

CONCLUSION:

The care of the *Garbhini* during pregnancy reflects on the quality and health of the progeny. The *kashayas* Produce Nourish the *Rasa Raktadi Dhatu*, the manipulation of these factors in the intrauterine life can give a definite scope for the growth and nourishment of the mother and fetus and also in the prevention of diseases. Among all the drugs 34 drugs are having *Madhura rasa* and 23 drugs are of *Tikta rasa* while not even a single drug is having *Lavana rasa* and only two drugs are having *Amla rasa*. Sushruta has described *Madhukam* and *Payasya* for four months which is maximum times and *Sariva* for three times. Month wise *Kashayas* in

Garbhini Paricharya is very beneficial for the mother to overcome the physiological hindrances of pregnancy such as gastric irritation, tiredness, mood swings, pain in calf and legs, pedal edema etc and for the fetus to have quality nourishment.

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